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Table Of Contents

Foreword

Chapter 1:
Relationships and Reality

Chapter 2:
Relationships and Affection

Chapter 3:
Relationships and Might

Chapter 4:
Relationships and Unity

Chapter 5:
Relationships Command Bravery and Being Intelligent

Wrapping Up

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Foreword

Human relationships are an enormous source of learning and growth. Our biggest rewards in life develop there, as do our most intriguing problems. Relationships may be complicated and perplexing at times, but as you'll soon learn reality, affection, and might bring an elegant simplicity to the picture, helping us build witting, loving associations. We have an assortment of intimate relationship openings to pick from. A few individuals prefer to be totally monogamous, opting for one romantic partner till ultimately separated by dying. Other people choose serial monogamy, going through an assortment of mates in succession.

Still other people like polyamorous relationships, preferring multiple partners at the same time. And lastly, a few choose celibacy and channel their romantic energies elsewhere.

A few individuals are straight, other people gay, and some bisexual. There are no correct or incorrect answers here. You've the freedom to guide the course of your relationships however you like, with the caution that your partners willingly decide to share those things with you.

As a few of the ideas in this book conflict with mainstream social disciplining, you might come across parts you take issue with, and that's all right. Apart from demonstrating how to apply the rules we've talked about in this course to your relationships, I don't aspire to convince you to alter your particular values to meet my own. I do, all the same, wish to challenge you to question your suppositions

about relationships and make your own witting selections, even though your preferences might differ from mine.

Our lives are filled up with a myriad of common relationship forms: loved ones, acquaintances, friends, colleagues, intimate partners, opponents, and strangers. No matter your present situation, reality, affection, and might may help you better all of these.

In this book I'll mainly center on intimate relationships, but the concepts apply to all human associations.



Law Of Attraction: Relationship Attraction Secrets

Determine The Right People You Meet And Get More Out Of Those Already With You.

Chapter 1:

Relationships and Reality

Synopsis

Let's start with a basic appraisal of your present circumstances. What do your senses tell you? What's the reality? How do you feel about your present relationships? Are you pleased or disgruntled? Do you feel connected to the individuals around you, or are you unplugged and lonesome? Are your relationships based in reality, or have they been tainted by untruth? Do the individuals in your life understand you for who you are, or do you merely reveal a piece of your real self? Do your relationships empower or dis-empower you? Do you have what you wish, or is something still missing?



Have A Good Look

Be truthful in assessing your own role.

- What do you contribute to the individuals closest to you?
- What do you have to offer a mate?
- Do other people benefit by having you in their lives, or do you capitalize on them without supplying much in return?

Look on the far side the external forms of your relationships, and look for the real truth about them. For instance, a marriage may be a label to describe a legal partnership, or it may represent a rich interpersonal bond between two individuals.

- What do you notice when you look behind the tags?
- What's the true nature of your relationships?

Notice the width and depth of your present relationships.

- Do you have an unceasing influx of new individuals entering your life? How many individuals would claim to know you if asked?
- How rich are your bonds?
- Which individuals would consider you a close acquaintance or an intimate partner?
- Would you love to have more connections in your life?
- Would you like to intensify any of your existing associations?

As you evaluate your present situation, bear in mind that your relationships live only in your brain. Your perceptions specify them. In order to precisely evaluate your present status, you have to look inside. Accept your ideas as they come, and don't be surprised if your feelings about particular relationships are ambivalent or ill-defined.

Now turn your attention to your anticipations. Where do you truthfully see your present relationships going? Which ones are developing, and which are drifting away? Where is your momentum taking you? What does your current situation tell you about your time to come?

Plainly there's excessive uncertainty in human relationships when trying to make making predictions, but all you need to do here is make fair guesses. Your truthful anticipations, even if they might turn out to be inaccurate, still bear a lot of reality as they reveal your feelings. Your feelings will impact your actions, thereby inducing future changes in the direction of your relationships.

Consequently, it's crucial to get aware of your truthful predictions as such awareness provides you the might to consciously alter what isn't working.

Give special attention to your feelings, as they bear their own anticipatory intelligence. Favorable emotions represent favorable predictions, and damaging emotions reveal damaging predictions. Occasionally you might feel like a relationship is waning even when everything appears great on the surface. Then you might have a word with your mate and find out that there are crucial overlooked issues you have to work through together.

Once we bring those issues to the surface, even if we don't solve them immediately, the feeling of closeness returns again. I've learned to place a lot of trust in my feelings when it comes to relationships. When something seems wrong to me, I understand the best thing I may do is go to the other individual and explain that something doesn't appear right so that we may work together to sort it out.

When you bring reality to your relationships, you establish closeness and trust.

Untruth is clearly negative, but so is inattention. If you quit deliberately injecting fresh reality into your relationships on a steady basis, distance is produced by default. Reality isn't simply the absence of lying; reality is a crucial relationship activity.

Take on whatever realities you discover about your relationships, even if you feel immobilized in your present situation. Don't buckle under to denial. If you feel blue and alone, take on those feelings. If you feel your union is headed for divorce, accept your truthful predictions.

If you feel totally stuck and powerless to change, accept that. Never shut your eyes to the reality. If you wish to develop beyond your present limitations, you have to first learn to quit resisting where you are.

Lastly, it's crucial to accept the real nature of human relationships. All of them are assured to be temporary. Regardless how mighty your bonds are, they'll all sooner or later end in detachment or loss. No relationship may possibly live on, at least not in physical form. Let your awareness of this reality provide you a deeper appreciation of the individuals in your life. When you accept that your relationships are temporary, they'll become more treasured to you, and you'll be less likely to take others for granted.

Chapter 2:

Relationships and Affection

Synopsis

You establish and expand your relationships by choosing to connect with others and letting them connect with you. The commonest way this occurs is through direct communication. The more you communicate with your fellow humans, the more attached you get. These links let you enjoy the emotional side of affection as you grow feelings of closeness and caring.



The Warmth

Communication is simply the beginning, all the same, as human relationships have the possibility to move from connection to communion.

Even with frequent communication, there's a chance of falling into a rut. Exchanges that are lacking in reality, affection, or might sooner or later grow cold, but when all 3 elements are there, the blocks to richer levels of connection and closeness are absent.

If you think about your usual manner of communication, you'll likely discover that it's unbalanced. Most likely you prefer one or two channels rather than utilizing all 3. For instance, I've a habit of leaning too much on reality and might. I like exploring new realities, and I particularly like empowering and challenging individuals to take action. My failing is that my communication may be lacking in understanding and compassion.

Consider some of the individuals in your life and see if you are able to distinguish their dominant lines.

- Which individuals prefer reality, wanting to discuss facts and exchange data?
- Who reaches out mostly with affection, wanting to talk about anything and everything simply for the sake of associating?
- Who communicates with might, attempting to drive individuals to action and make changes?

You'll see some facets of reality, affection, and might in all communication, but most individuals tend to lean to a great extent on

one or two lines. What mixing of reality, affection, and might do you utilize to connect with other people?

Recognize that your weakest line will be the source of many of your communication issues. You may really accomplish significant development in your relationships by learning to utilize your weakest line when communicating in addition to your fortés.

In order to connect, we require a base level of compatibility. There has to be a little overlap in communication styles with which to build a link. If there's deficient overlap, a close connection merely won't settle in. In order to develop, however, we require a few differences in our techniques. Otherwise we swiftly hit a plateau in our power to connect.

Our similarities draw us together, but our differences help us develop. Now that you're mindful of the importance of reality, affection, and might, you are able to consciously direct the development of your relationships, and you are able to likewise diagnose issues.

If you're in a relationship today, may you identify your main area of compatibility?

- Do you connect on reality, sharing data and learning from one another?
- Do you connect on affection, expressing love and enjoying one another's company?
- Or do you connect on might, supporting and encouraging one another to accomplish your aspirations?

While all 3 might be present to some level, which technique is the most dominant?

The practical application here is that when you understand your dominant connection technique, you are able to utilize it deliberately to retrieve your closeness whenever you begin feeling a bit distant from one another.

Likewise, you are able to utilize your differences to by choice help one another develop. With our relationships we may consciously step-up our alignment with reality, affection, and might.



Chapter 3:

Relationships and Might

Synopsis

The most beneficial relationships serve to better your might instead of decrease it. The point of moving into a relationship is to better your alignment with reality, affection, and might, thereby undergoing greater unity. If an association pulls you further out of alignment, it isn't worth sustaining. The longer you hold tight to disempowering relationships, the feebler you become. Your most beneficial relationships will help you meet your needs, satisfy your wants, gain lucidity, and feel more connected. They'll bring value to your life in ways that are crucial to you.



Strength

If you buckle under to relationships that break you or make you feel ensnared, you're giving your might away. It's your responsibility to amend such situations, no matter the circumstances. Recognize that you may decide to leave at any time. There might be damaging consequences to doing so, like loss of money if you leave a scornful partner, but such issues are temporary.

When you cast off disempowering relationships, you may expect to recover your might in time. Regrettably, the very nature of scornful connections is that they sabotage you to the point that it's difficult to even imagine being mighty again. If you discover yourself in a spot that weakens you and you don't decide to leave, then you're deciding to stay, which means you're deciding to ill-treat yourself.

A conscious relationship demands work and dedication on both sides. One person can't take on the whole thing solely. If you're spending more time battling resistance rather than sharing affection, you're better off letting go. Place yourself in a position to savor something more reciprocally rewarding, and don't settle for less than you're worth. Empowering yourself isn't a selfish action. Once you hold your relationships to the measure of empowerment, you grow more mighty, and your strength runs out to the individuals around you too.

What do you do if your most disempowering relationships are with your own loved ones? There's no reward in remaining truehearted to somebody who dis-empowers you. When you sabotage yourself like that, you do the same to the individuals around you too, dragging everybody else down with you. Don't pressure yourself and other people to suffer from a misdirected sense of dedication. If you're a

really truehearted individual, then give your allegiance to those who really merit it; don't blindly give it to those who claim it as their birthright.

- What do you truly wish from your relationships?
- What character traits do you find most magnetic in other people?

While you're always free to associate with anybody at any time, it's crucial to set criteria for richer levels of bonding. Let yourself form friendships and even intimate partnerships with individuals who empower you and better your alignment with reality, affection, and might. Separate out those who'd only lead you astray.

When it comes to long-run relationships, I pick my friends and associates cautiously. I favor friends with elevated personal criteria, individuals who are already powerfully aligned with reality, affection, and might. I don't form really close bonds with those who are unscrupulous, unintelligent, unwitting, indifferent, scornful, unfocused, undisciplined, or irresponsible.

My work places me in direct contact with a wide assortment of people, and I'm happy to help everybody when I may, but I only develop richer relationships with the ones who fit my personal standards. On the other hand, when somebody does meet my criteria for friendship, we might move from being casual acquaintances to close friends really fast. The single most crucial factor I seek is an allegiance to conscious development. Prior to having such criteria, I found my relationships much less satisfying. I still had an easy time making acquaintances, but too frequently I'd bring individuals into

my life that drew me further out of alignment with reality, affection, and might.

It's been stated that you may anticipate your future by viewing the individuals with whom you spend the most time. That isn't far from reality. Your relationships will have an enormous influence on your development. If you discover yourself utilizing all your might and self-control to resist the damaging influence of your own acquaintances, you're fighting a losing battle. Utilize your might to break such relationships, and surround yourself with individuals who by nature empower you.

As a universal rule, whenever you discover yourself lodged in a disempowering environment, don't battle the situation. Simply get up and leave. If you still want to address the issues of that environment later, you'll be in a more mighty position to do so from the exterior looking in.

I understand there are times when it may be hard in the extreme to leave a disempowering relationship. The level of challenge doesn't alter the solution, however. You'll really free up enormous energy when you quit fighting against the currents and begin thinking of how to escape such a damaging spot. Even while you stay physically stuck, you'll feel more empowered as soon as you start moving in the correct direction. That's because it's your alignment with might that makes you genuinely stronger, and this alignment may be accomplished no matter external conditions. Might is a direction, not a position.

The best thing you may do to empower other people is to empower yourself. You'll do a lot more good for other people if you keep yourself mighty. Undermining yourself helps no one. In order for the

whole thing to be strong, the individuals must take great care of themselves.

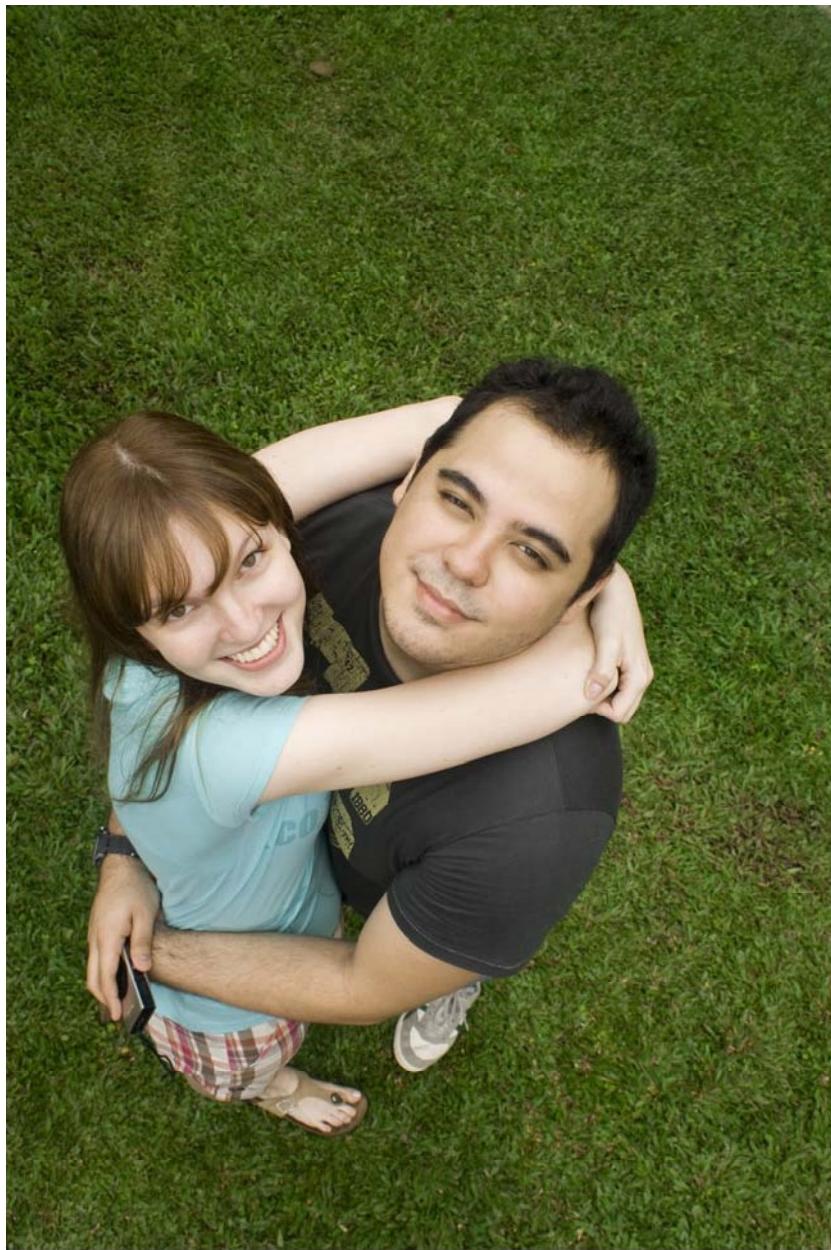
Be heedful to avoid giving up your might to your relationships.

In order to accomplish an empowering level of interdependence, you have to retain a reasonable degree of independence. If you discover yourself unable to arrive at decisions as an individual and must defer to somebody else to make all the crucial selections, you're imparting your might and shirking your responsibility to live your own life.

- If you wish to draw in high-caliber mates, the best thing you may do is to better your own alignment with reality, affection, and might.
- If you discover yourself perpetually attracting the wrong sorts of people—or if you've trouble attracting anybody at all—it's because you're out of alignment with these basic principles.
- If you believe the answer is to apply fake techniques to charm the right individual, then you're buckling under to untruth and deception, which will only backfire.
- If you wish to attract person truthful, work on your own honesty.
- If you wish somebody loving and caring, look to deepen those traits in yourself. If you wish somebody bold and adventurous, work at your bravery.

While there's a wide assortment of personality traits individuals find magnetic, the principles of reality, affection, and might are universal attractors. No sane individual wants a relationship filled up with lies

and deceit. No one wishes an indifferent or uncaring partner. And no one by choice enters a scornful relationship. In spite of our differences, we're all attracted to the same fundamental traits in one another. We all want relationships centered in reality, affection, and might. The more you grow these inside yourself, the more universally magnetic you'll become.

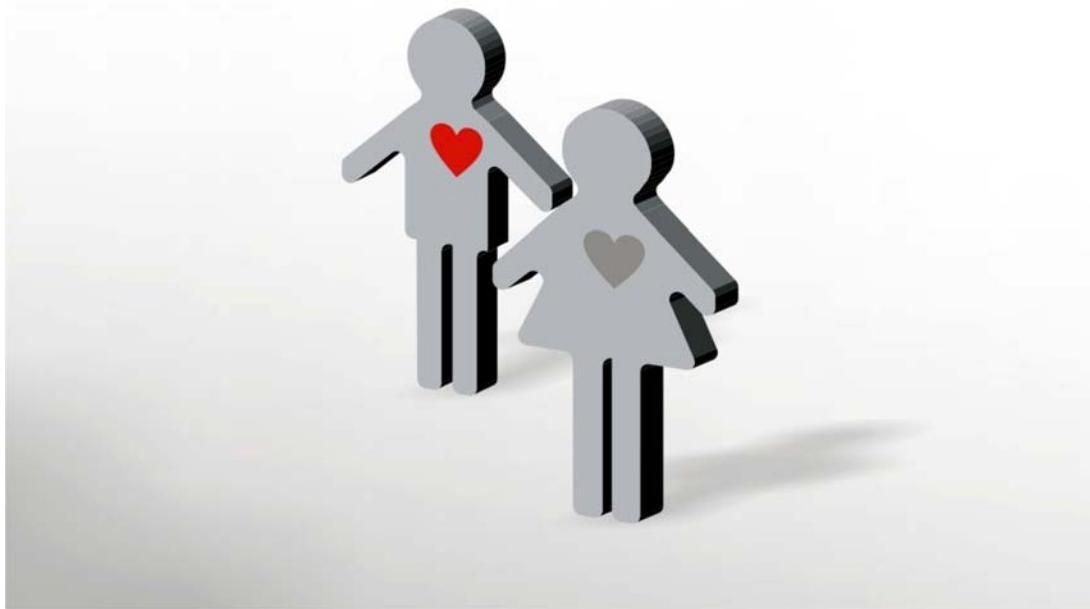


Chapter 4:

Relationships and Unity

Synopsis

When we wish to reach out and grow new relationships, we have to remember that everybody else is already connected to us. We're all individual parts in the same body, and the belief that we're all different and distinct beings is nothing but a fantasy. Technically we don't have to form relationships with others from scratch. We have only tune in to the key connection that's already there.



Oneness

An uncommon or unlikely series of events leads us to the correct individuals at the correct times, and we get the spooky feeling we were in some way destined to meet. Before I experienced the mentality of unity, I could never walk into some random store and expect to be hugging somebody I'd never met previously. Be prepared for captivating social experiences as your alignment with unity increases.

I believe the reason this mentality is so effective is that when you assume a pre-existing connection, individuals tend to pick up on your receptiveness and react in a similar way. Seemingly, the best way to break the ice with somebody is to presume there never was any ice originally. This is particularly true of those who are really conscious and self-aware.

Such individuals by nature react to friendly overtures from like-minded people, and injurious rejections are rare. If you approach somebody from a mentality of unity and are declined harshly, it's a safe bet the other individual isn't aligned with this idea and would consequently be incompatible with you anyhow. The nice thing about unity is that it by nature attracts other people who feel the same and separates out those who don't. The more you line up with unity, the more unity oriented relationships you'll draw in, thereby further reinforcing your experience.

Social disciplining teaches you to center on the hazard of rejection when approaching somebody you've never met. Unity teaches you to center on the chances for connection. A rejection is a sign of incompatibility, so it can't truly be considered a sorry outcome. Then

again, once a favorable connection is attained, there's the possibility that both individuals will be absolutely transformed for the better. This may hardly be considered a danger; rather, it's the sort of wager that's worth making repeatedly.

In addition to initiating fresh connections, be open to receiving advances from other people. When somebody makes an advance, react empathetically and kind. Be inviting and friendly. If you recognize the connection isn't correct for you, let the other individual down easily. When you determine it necessary to turn individuals down, be heedful not to dis-empower them. Be truthful but gentle. Then again, if you sense a well-matched connection off the bat, lower your shields, let your feelings lead you, and let the relationship grow as it may.

A lot of committed relationships buckle under to cheating or divorce as one or both mates end up feeling unplugged for too long. They let themselves connect with their main relationship partner but not with anybody else.

Such ill-conceived loyalty becomes a controlling snare that knocks individuals out of alignment with unity. This produces strong cravings for truer connections, forcing individuals either to settle for reclusiveness or to look for fresh intimacy outside the main relationship. A feeling that such connections are incorrect makes the issue worse, causing individuals to lie about their affairs, therefore producing even more distance from unity.

When you're in a close relationship, value the fact that your mate isn't your property. Don't clutch others so tightly that you cut them off from being able to associate with anybody but you. In order to

maximize your chances for conscious development, you must be open to molding new connections with an assortment of individuals, particularly when you're in a committed relationship.

Social disciplining tends to fail us in that area. We're encouraged to discover and wed a single partner, centering our deepest levels of physical and emotional intimacy on only one individual. However, simple observation tells us that relationships of this nature commonly fail, ending in breakup, divorce, or alienation. Even when the legal union doesn't stop and living together continues, the bond frequently stagnates and fails to gratify either individual's long-run emotional needs.

Committed relationships call for placing a high value on your mates overall welfare. This includes respecting the need to connect with others, occasionally casually and other times more closely. If your main relationship prevents you from connecting deeply with other people, you've a cage, not a witting partnership.

Chapter 5:

Relationships Command Bravery and Being Intelligent

Synopsis

You're in charge of your own fate. While chance encounters might play a crucial role in your life, you'll get the best results by consciously choosing what you wish and taking action to get there. Taking command, being brave and intelligent doesn't imply controlling or dominating others. It merely means holding yourself in high enough esteem to know you merit experiencing the connections you want.



Use It All Together

Because of the inherently personal nature of this domain of life, you can't merely delegate it to somebody else. If you wish to be effective at connecting with other people, you have to strive to become your own relationship expert. A few individuals say you can falsify social confidence by getting yourself in the right state of mind. I believe the fake it till you make it technique is a big error. It's better to put in the time to establish true social skills rather than falsely pretending to be something you're not.

While you may surely better your relationship skills with trial and error, I think it's simpler to enlist the help of a mentor; but, this will only work if you prize and apply your mentor's advice.

Discovering a social mentor shouldn't be too hard. Simply identify somebody you know who appears to have a simple time connecting with individuals, somebody whose interpersonal skills are more developed than yours. Tell that individual that you want to better your social skills; and invite pointers, advice, and maybe an ongoing coaching relationship. My experience is that most people are flattered by such requests, frequently finding it an amusing challenge to attempt to turn a wallflower into a social butterfly.

Interpersonal skills in the end must be developed through action. It isn't adequate to search the net or read books on how to connect with individuals. At some point you have to put your ideas into practice. The more first hand experience you attain, the more comfortable you'll feel, and the more your natural self will come out.

Bravery plays an assortment of crucial roles in human relationships.

- Firstly, you need bravery to initiate fresh connections and overcome the dread of rejection.
- Secondly, you require bravery to intimately connect with individuals. Thirdly, you need bravery to face the reality about relationships that have gone amiss.
- And lastly, you need bravery to end those relationships that no longer assists you.

If you wish to bring fresh relationships into your life, don't wait for other people to come to you. You have to take the opening move. In the long haul, waiting causes too many escaped opportunities and leads to regret. When meeting somebody new, my preferred opening line is merely: "Hi, I'm so and so." I want to be direct and straightforward rather than utilizing a disingenuous approach. If I get a frigid response, I march on.

Somebody who'd react with distance to a friendly advance isn't going to be compatible with me anyhow, so there's no need for me to press such individuals to connect. I'd rather engage with somebody who's by nature open and friendly rather than attempting to reel in a cold fish.

Handling rejection and occasional embarrassment is a little price to pay for the robust rewards of human relationships. Your imagination might transform such fear into a monster, but actually, it's nothing but a runty elf guarding a massive gem, easily defeated once you ultimately choose to face it down. The greatest risks are missing out on laughs you never shared, individuals you never assisted, and the likely partner you sentenced to loneliness. That's way too high a price for putting off a little innocuous rejection or embarrassment.

In the long haul, you likely won't regret the connections you made that didn't work; you'll regret the ones you never made, always questioning what may have been.

Stop and ask the heart and soul question with regard to your relationships: Does this relationship have a heart and soul? Then consciously choose which ones you wish to preserve, which you wish to intensify, and which you wish to break. Don't settle for a life filled with shallow, void interaction. Go for rich connections, and ensure your life is filled up with lots of heart.

Among the hardest challenges involves confronting a relationship that's gone rancid. Damaging emotions like sorrow, bitterness, anger, shame, and worry make the risk seem much higher. If you find yourself confronting such a situation, trust reality, affection, and might to lead you. Have a candid talk with your mate, and truthfully share your ideas and feelings. When you do so, center on sharing the reality of what you feel rather than jumping to conclusions or placing fault. To guarantee you're speaking the truth, utilize first-person sentences: I believe... I feel . . . I'm worried that. . . This commonly produces much less opposition in the other individual than second-person sentences: You stated. .. You made me. .. You forever... When talking about relationship issues with your mate, don't suppress. Speak your reality, regardless of what you believe the consequences will be. Don't be surprised if the other individual reacts defensively initially. Simply continue talking and listening, and do your best to work through the defensiveness. Make it well-defined that you're looking for truth, and ask your mate to share a like commitment.

You might discover that lining up with reality, affection, and major power demands that you stop a relationship. If your mate is leading you away from a principle-centered life and is unwilling or incapable of correcting that issue, you're better off going away. Free yourself to savor a fresh connection that step-ups your alignment with reality, affection, and might. When you stop a relationship, be direct, truthful, compassionate, and firm. Speak your reality, and let the cards fall where they wish. There's no shame in terminating something that doesn't satisfy you. You've every right to quest after your own happiness.

Do your finest to establish authentic relationships with others. They won't ever turn out perfectly, but flawlessness isn't essential. The wheels on your auto aren't perfect circles, but they still roll all right. Likewise, none of your relationships will be absolutely lined up with reality, affection, and might, but they may still supply incredible growth experiences. Among the best things you may do to draw in new individuals is to center on your own originative expression. By expressing yourself genuinely, you draw other people to you, making it simpler to form well-matched relationships.

Most of the development you experience as a human will come from your interactions with others. Occasionally that development will be aboveboard and predictable, like that from a teacher student relationship. Other times it will take a lot of twists and turns, like that from the relationship between 2 intimate lovers. In all its assorted forms, human relationships are wonderful, well worth the work.

Wrapping Up

Sharing your life with other people is among the best parts of being human, but it doesn't come without peril. Unlike other facets of personal growth, the stakes are greater with relationships as your errors may potentially harm somebody deeply. There's no getting around that peril altogether, but the decision to line up with reality, affection, and might will help lead you through the major stumbling blocks. When you make errors, do your best to forgive yourself, forgive other people, and march on.

